

Aerobics- A vigorous and complete workout designed to enhance cardiovascular fitness, muscular strength, and endurance.

Spin- An indoor group cycling class designed for all fitness levels. Motivate yourself with ultimate challenges.

Kickboxing- Features kickboxing techniques including punches, defensive drills, and combinations. Focuses on upper and lower muscle conditioning.

***Pilates-** Enjoy the benefits of this thorough flexibility training that focuses on breathing, relaxation, strengthening, and toning of the entire body.

***Yoga-** Enjoy the benefits of increased core strength and toning of the entire body along with improved flexibility, posture, concentration, endurance, and balance.

***Abs-** Serious abdominal exercises for 15 to 30 minutes.

***Tae-Bo-** A high-energy combination of karate, aerobics, boxing, dance, complete with pulsating music.

For any questions, call 639-6234.

* Will be done by videos.

Daniel's Family Fitness Center Aerobics Schedule

All Classes are FREE!!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0600		Kickboxing		Kickboxing		
0800	Tae-Bo (Video)		Tae-Bo (Video)			
0900	Aerobics (Video)	Pilates (Video)	Aerobics (Video)	Pilates (Video)		
0930						Spin
1100	Kickboxing (Video)		Kickboxing (Video)		Kickboxing (Video)	
1140		Aerobics		Aerobics		
1200	Spin		Spin		Spin	
1400	Tae-Bo (Video)		Tae-Bo (Video)		Tae-Bo (Video)	
1600	Yoga (Video)	Abdominals (Video)	Yoga (Video)	Abdominals (Video)		
1700	Step	Aerobics (Video)	Step	Aerobics (Video)		
1830	Spin	Spin	Spin	Spin		

